

RCA VICTOR
LM-1794

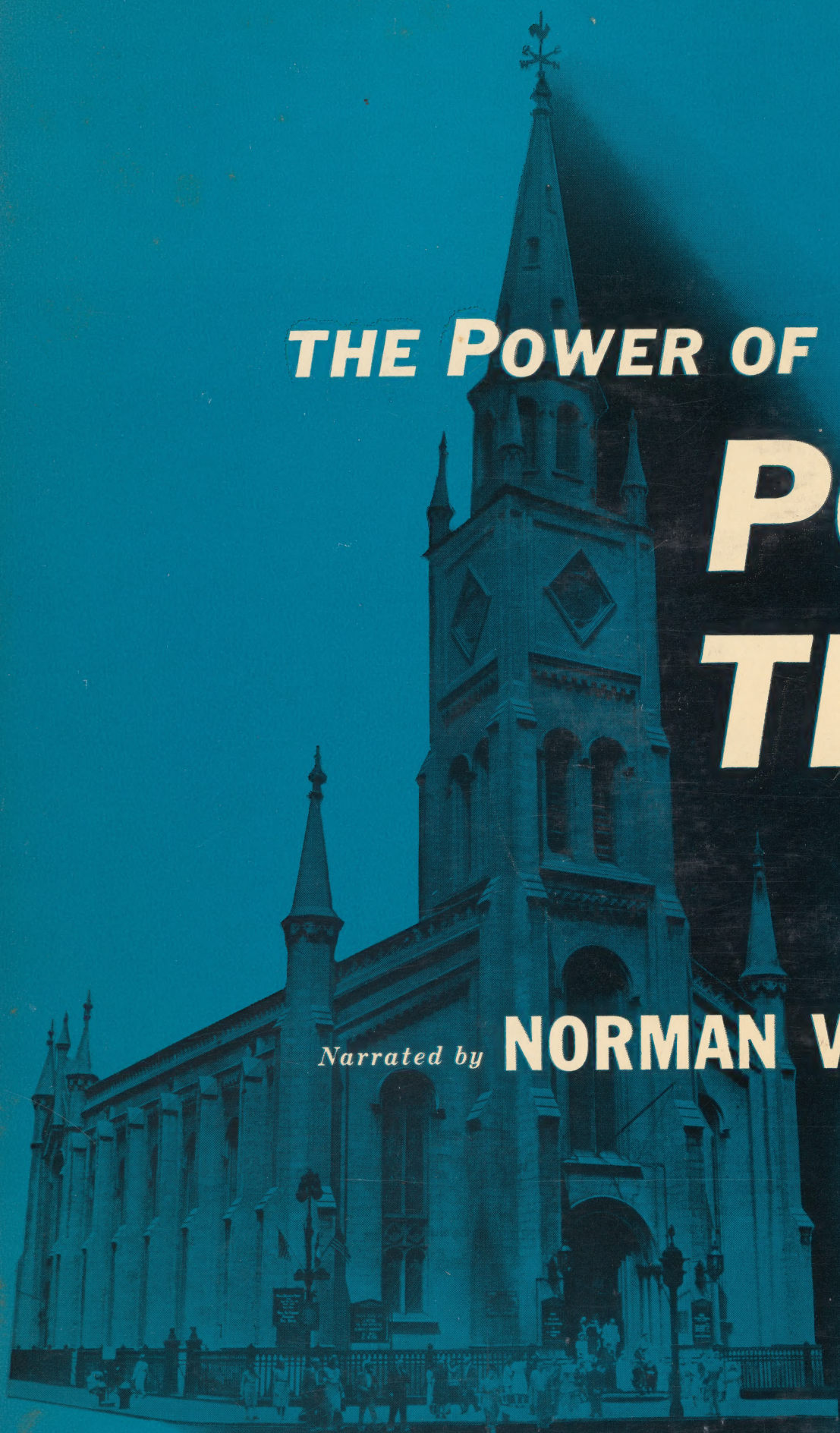


RED SEAL RECORDS

THE POWER OF

POSITIVE THINKING

Narrated by **NORMAN VINCENT PEALE**



THE POWER OF POSITIVE THINKING

Norman Vincent Peale

Since 1932 Dr. Norman Vincent Peale has been minister of New York City's 325-year-old Marble Collegiate Church, the oldest Protestant Church in America.

Dr. Peale was born in Columbus, Ohio, and was graduated in 1920 from Ohio Wesleyan University. He received the degrees of Master of Arts from Boston University and Bachelor of Sacred Theology from Boston University School of Theology in 1924. He holds honorary degrees of Doctor of Divinity from Syracuse, Ohio Wesleyan, and Duke Universities, in addition to the honorary degree of Doctor of Humane Letters from Lafayette College, and the degree of Doctor of Laws from William Jewell College.

Dr. Peale is author of *A GUIDE TO CONFIDENT LIVING* and *THE POWER OF POSITIVE THINKING*,* the latter the best-selling book in all categories in 1953. His radio program, *THE ART OF LIVING*, is carried weekly over the coast-to-coast network of the National Broadcasting Company, and his syndicated articles appear regularly in principal newspapers throughout the United States.

In this album Dr. Peale has selected and narrated excerpts from the principal subject matter of *THE POWER OF POSITIVE THINKING*, as originally published by Prentice-Hall, Inc.

Supplementing the narration, Dr. Peale has written, especially for this recording, a supplementary series of guides to self-aid which are directly related to the subject matter he discusses herein. These guides to self-aid appear below in the same order Dr. Peale discusses them.

Side 1 Band 1

BELIEVE IN YOURSELF

1. Stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously. Your mind will seek to develop it. *Always* picture "success" no matter how badly things seem to be going at the moment.
2. Whenever a negative thought concerning your personal powers comes to mind, deliberately voice a positive thought to cancel it out.
3. Do not build up obstacles in your imagination. Depreciate every so-called obstacle. Difficulties must be studied, but they must be seen for only what they are. They must not be inflated by fear thoughts.

Band 2

HOW YOU LOOK AT IT

1. Learn the reasons for your inferiority and self-doubt feelings. Self-knowledge leads to a cure.
2. Make a reasonable estimate of your own ability, then raise it 10 per cent. Do not become egotistical, but develop a wholesome self-respect. Believe in your own God-given powers.
3. Every day repeat these dynamic words, "If God be *for* us, who can be *against* us?" Let these words sink deeply into your mind. They can create a victorious thought pattern.

Band 3

PEACE OF MIND

1. Think of your mind as the surface of a lake in a storm, tossed by waves. But now visualize the waves subsiding and the surface of the lake becoming placid and unruffled.
2. Make a mental list of times in your life when you were worried and anxious, and God brought things out right and took care of you. Affirm that He will do so now. Repeat the following, which has an amazing power to relax and quiet the mind: "Thou wilt keep him in perfect peace, whose mind is stayed on Thee."

Band 4

TRY PRAYER POWER

1. Set aside a few minutes every day. Simply practice thinking about God. This will make your mind spiritually receptive and give you a sense of His presence.
2. Pray with the belief that sincere prayers can reach out and surround your loved ones with God's love and protection.
3. Never use a negative thought in prayer. Only positive thoughts get results. The prayer of faith is powerful.
4. Practice the attitude of putting everything in God's hands. Ask for the ability to do your best and to leave the results confidently to God.

Side 2 Band 1

EXPECT THE BEST AND GET IT

1. Hold four great words in your thoughts, say them over and over again until your mind accepts them, until you believe them — *faith power works wonders*.
2. Eliminate from your thought and speech the "little negatives," such as "I'll have a flat tire," "I

don't think I can do that." As "mighty oaks from little acorns grow," so "little negatives" will grow into "big negatives."

3. Apply to every situation the promise: "*According to your faith* be it unto you." Use the faith power which lies within you; you will find the possibilities limitless.

Band 2

HOW TO BREAK THE WORRY HABIT

1. Overcome worry by practicing faith. First thing every morning before you arise say out loud, "I believe," three times.
2. Practice saying something positive concerning everything about which you have been talking negatively. Talk positively. Don't say, "I can't." Instead, affirm, "With God's help I can."
3. Never participate in a worry conversation. Shoot an injection of faith into all your conversations.
4. To counteract worry, mark every passage in the Bible that speaks of faith, hope, happiness. Commit each to memory. Say them over and over again until these creative thoughts saturate your subconscious mind. Then the subconscious will return to you what you have given it, namely, positive attitudes, not worry.

Band 3

HOW TO SOLVE YOUR PROBLEMS

1. To solve a problem believe that for every problem there is a solution.
2. Keep calm. Tension blocks the flow of creative thought power. Your brain cannot operate efficiently under stress. Go at your problem easy-like.
3. Pray for guidance about your problem, believing and affirming that God will flash illumination into your mind.

Band 4

HOW TO RELAX

1. To live with joyous power, master the art of easy does it.
2. Don't get the idea you are Atlas carrying the world on your shoulders. Don't strain so hard. Don't take yourself so seriously.
3. Ease or difficulty in your work depends upon how you think about it. Think it's hard and you make it hard. Think it's easy and it tends to become easy.

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RCA VICTOR

RED SEAL RECORD



"HIS MASTER'S VOICE"
Peale
THE POWER OF POSITIVE THINKING
(Part 1)

LM
1794
Non-Breakable

SIDE
1

Band 1—Believe in Yourself
Band 2—How You Look at It
Band 3—Peace of Mind
Band 4—Try Prayer Power

Norman Vincent Peale

E3RP-5431

LONG PLAY 33 1/3

RCA VICTOR DIVISION, RADIO CORPORATION OF AMERICA, CAMDEN, N. J. MADE IN U.S.A.

RCA VICTOR
RED SEAL RECORD



"HIS MASTER'S VOICE"
Peale
THE POWER OF POSITIVE THINKING
(concluded)

LM
1794
Non-Breakable

SIDE
2

Band 1—Expect the Best and Get It
Band 2—How to Break the Worry Habit
Band 3—How to Solve Your Problem
Band 4—How to Relax

Norman Vincent Peale
E3RP-5432

LONG 33 1/3 PLAY

RCA VICTOR DIVISION, RADIO CORPORATION OF AMERICA, CAMDEN, N. J. MADE IN U.S.A.